

Kamalaya Sample Weekly Group Activities


MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
Vinyasa Yoga Slow Flow Where: Yoga Pavilion Intermediate Level Host: Chris 08.45-09.45	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao 07.30-08.30	Beginner Yoga Where: Yoga Pavilion Beginners Welcome Host: Chris 08.45-09.45	Stretching Where: Yoga Pavilion Beginners Welcome Host: Poom 08.45-09.45	Introduction to Muay Thai Where: Yoga Pavilion Beginners Welcome Host: Chris 08.45-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Chris 08.45-09.45	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao 07.30-08.30
Cooking Class Healthy Thai Cuisine Where: Soma Restaurant Host: Chef THB 2,250++/ person*	Reformer Pilates Plus Where: Padma Fitness THB 500++/ person* (Maximum 5 Pax) <i>Please book at Wellness Reception in advance</i> Host: Poom 10.30-11.30	Pilates with Props Where: Yantra Hall Intermediate Level Host: Em 10.30-11.30	Offering Sacrifices to the Chinese Gods Where: Meet at Reception 08.30 Admire Spirit Houses 09.39 Offering Sacrifices to the Chinese Gods Host: Kamalaya Team 08.30-10.00	Color & Light Therapy Chakra Balancing Talk Where: Gallery Host: Shankari & Abhaya 10.30-11.30	Reformer Pilates Plus Where: Padma Fitness Host: Jinny THB 500++/ person*	Stretching Where: Yantra Hall Beginners Welcome Host: Jinny 10.30-11.30
THB 2,250++/ person* <i>Please book at Reception 24 hrs in advance</i> 12.00-14.00	Tea Sharing Meet New Friends Where: Alchemy Lounge <i>Complimentary for all guests Drop in anytime!</i> Host: San Bao 15.00-17.00	Cooking Class Healthy Detox Cuisine Where: Soma Restaurant THB 2,250++/ person* <i>Please book at Reception 24 hrs in advance</i> Host: Chef 12.00-14.00	Reformer Pilates Plus Where: Padma Fitness THB 500++/ person* (Maximum 5 Pax) <i>Please book at Wellness Reception in advance</i> Host: Em 14.00-15.00	Tea Sharing Meet New Friends Where: Alchemy Lounge <i>Complimentary for all guests Drop in anytime!</i> Host: San Bao 15.00-17.00	THB 500++/ person* <i>Please book at Wellness Reception in advance</i> 14.00-15.00	Tea Sharing Meet New Friends Where: Alchemy Lounge <i>Complimentary for all guests Drop in anytime!</i> Host: San Bao 15.00-17.00
Circuit Training Where: Yoga Pavilion Intermediate Level Host: Em 16.00-17.00	Deepening Focus Meditation Where: Yoga Pavilion Basic Knowledge Required Host: Sujay 17.15-17.45	Aqua Aerobics*** Where: Kamalaya Lap Pool Beginners Welcome Host: Jinny 17.15-18.00	Pranayama Where: Yantra Hall Beginners Welcome Host: Sujay 17.15-17.45	Pilates Basic Where: Yantra Hall Beginners Welcome Host: Jinny 16.00-17.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Sujay 17.15-17.45	Aqua Aerobics*** Where: Kamalaya Lap Pool Beginners Welcome Host: Poom 17.15-18.00


- Please arrive on time for classes. Instructors will cancel a class without participants after 15 minutes

* Price is subject to 10% service charge and 7% VAT

** Please advise cancellation 24 hours in advance

*** In case of rain class will be cancelled

 Coaching/Workshops/Mind Therapies

 Healing/Meditations and Energy Work

 Body Work, Physical Exercises

 Yoga

 Cultural Activity

 Entertainment

"Follow your heart...

awaken your mind & spirit...

fulfill your destiny."

-Karina Stewart